

COPING SKILLS WORKSHOP

MONDAY, OCTOBER 23

11AM-12:00PM & 4:30-5:30PM

FREE for survivors 18+

Located at Resilience
Program Office:
411 Butternut Dr.
Holland, MI 49424

Register by emailing
KrystalD@ResilienceMI.org

RESILIENCE
ADVOCATES FOR ENDING VIOLENCE™

Learn about a variety
of healthy coping
techniques and find
the ones that work
for you!



This 1-hour workshop is
being offered in the
morning and afternoon
to attend at your
convenience.